



# Putting the “to” in Farm to School



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Program Coordinator

- Why does Farm to School matter?
- Successful F2S activities in Ohio
- Partnerships
- Upcoming Events



NATIONAL  
**FARM to SCHOOL**  
NETWORK

*Growing Stronger Together*

## CORE ELEMENTS OF **FARM to SCHOOL**

HANDS-ON  
LEARNING  
ACTIVITIES



SCHOOL  
CAFETERIAS

PROCUREMENT

What is the definition  
of “local” foods?

Farm to Early Care  
and Education (ECE)

Farm to College

**“Farm to  
Everything”**

Farm to Camp

Farm to Institution

Farm to Hospital

Farm to Senior Care

Why does Farm to School matter?



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Why does Farm to School matter?

# Farm to School impacts

- **Nutrition Behaviors**
- **Meal participation**
- **Awareness**
- **Morale**
- **Curriculum integration**
- **Market opportunities**



# School Gardens Enhance Academic Performance and Dietary Outcomes in Children

Journal of School Health, July 2015

Authors: Claire K. Berezowitz EdM, Andrea B. Bontrager Yoder PhD, and Dale A. Schoeller PhD

## School Garden Benefits

- Increased consumption of and preference for fruit and vegetable
- increases/improvements in predictors of fruit and vegetable
- Ability to identify more fruits and veg.



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What about food waste?



# A plant to plate pilot: a cold-climate high school garden increased vegetable selection but also waste.

Wansink B, Hanks AS, Just DR<sup>2</sup>.

Aug 2015

High school students will select salad more if it is from their school garden.



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# Benefits to Farmers and Communities

Source: National Farm to School Network

## Economic Development

- Job creation
- Economic activity
- Farmer and producer income



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Does Extension have  
local foods resources  
in every county?



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OSU Extension has local foods  
resources in every county.

# OSU Extension F2S Resources

- Newsletter
- Website
- Facebook
- Factsheets
- Speakers
- Connections

**Ohio State University Extension** MAY 2016

## Ready to approach your school about sourcing local food? Consider...

Laura Kingdon and Carol Smathers, Ohio Farm to School Program, OSU Extension Family and Consumer Sciences, The Ohio State University.

### Understanding your motivation & goals

There are so many reasons to bring local food to your cafeteria! Focusing on a few reasons and honing your message will help motivate others to join you – and can help narrow the focus of your goals to make them more attainable.

Some motivations to consider are:

- Offering fresher, higher quality or healthier foods to students
- Strengthening the local food system economy
- Educating students and community members about food and agriculture

Some ideas for realistic first steps are:


- Working with a particular local farmer to bring their product to the cafeteria
- Switching one food item that is already being served to a local source (eg beef, squash)
- Substituting a non-local item (like oranges) to one that is grown locally (apples)

### Learning about your school's food service operation

Food service is a complicated business, and sourcing local food can be challenging. Understanding your school's food service operation can help you identify opportunities, and is a great way to ensure school decision makers know you're serious about local food.

Consider:

- Is your school food service self-operated, or outsourced to a third-party management company?
- How much food must be purchased through pre-existing contracts? With what companies are your school's contracts, and are any local producers selling to them?
- How often are food orders placed? What are payment procedures?
- Who has the authority to make decisions about food procurement? School administration, food service staff, staff from a contracted company?



*Foods from a local producer displayed at a school in Greenville, Ohio.*

### Learning about your cafeteria's capacity

School cafeterias vary widely in where, how, and by whom meals are prepared. Schools also have varying flexibility when it comes to menus and meal options.

Consider:

- Does your school food service staff cook from scratch, heat and serve, use semi-prepared foods, or some combination of these methods?
- When are menus developed, and how often do menus change?
- Is food prepared at a central location for the district, or does each school have its own operation?

### Building with your community

Working with others in your community who want local food in the cafeteria ensures a more inclusive process and outcome for all, and can provide extra motivation for decision-makers who can meet your needs. Finally, the investment of many community members makes for a long-lasting, effective local foods program.

Consider reaching out to:

- Local farmers and master gardeners,
- Parents, students, and teachers,
- Food service staff members and school administrators,
- Small food-business owners and food hub operators,
- Wellness committees and PTO/PTAs

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OHIO FARM TO SCHOOL



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## THE BENEFITS OF FARM TO SCHOOL

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education sites. Farm to school implementation differs by location but always includes one or more of the following:

**Procurement:** Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test.

**Education:** Students participate in education activities related to agriculture, food, health or nutrition.

**School gardens:** Students engage in hands-on learning through gardening. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

Farm to school activities provide a variety of benefits to students, parents, schools, communities and food producers. This document outlines those cross-sectoral benefits and cites the research behind them. Farm to school is growing our future leaders, consumers, producers and community members.

### Cross-Sectoral Benefits of Farm to School

**PUBLIC HEALTH**  
Farm to school activities provide healthy food options and nutrition and food-based education to influence healthy eating behaviors and healthy lifestyles in children and families. Through the use of school and community

**ECONOMY**  
Farm to school provides economic development opportunities to producers (e.g. farmers, ranchers, fishers) and laborers, distributors, processors, cooks and foodservice staff, as well as others who support the local food

**EDUCATION**  
Farm to school can support educational outcomes for students by increasing student access to healthy foods in schools and promoting food and agriculture-based learning activities to enhance the quality of the educational

**ENVIRONMENT**  
Farm to school activities can enhance environmental soundness, social responsibility and productivity

## GETTING STARTED WITH FARM TO SCHOOL

### Stay Informed

Join our network:  
**FarmtoSchool.org**

Twitter  
**@FarmtoSchool**

Facebook  
**National Farm to School Network**

Instagram  
**@FarmtoSchool**

### What is Farm to School?

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education sites. Farm to school implementation differs by location but always includes one or more of the following: (1) Procurement: Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test; (2) Education: Students participate in education activities related to agriculture, food, health or nutrition; and (3) School gardens: Students engage in hands-on learning through gardening. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

### Getting Started

Farm to school offers multiple strategies to improve the health of children and communities. However, getting started can be daunting. These simple first steps will help you develop a lasting farm to school program in your community.

**1 Assess where you are and where you'd like to be.** Are your goals centered on:

### Farm to School in Action

Programs exist in all 50 states—here are four examples:

#### Community collaboration equals farm to school success in Oregon

Working with community organizations can help build strong, sustainable farm to school programs. Since 2008, Springfield Public Schools in Oregon has partnered with Willamette Farm and Food Coalition (WFCC) to implement a comprehensive farm to school program at Guy Lee Elementary. WFCC and other community partners have provided educational activities including classroom lessons, farm field trips, food preparation activities, school garden sessions, family engagement activities and tasting tables coordinated with the district's Harvest of the Month program. As a result, their students are enjoying more healthy farm-fresh foods and have a greater understanding of where their food comes from.

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<http://www.farmtoschool.org/Resources/>

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# USDA Farm to School Program



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# USDA F2S Grants in Ohio

## 2017 Recipients

- Columbus City Schools
- Springfield City Schools



11 grants totaling \$723,557 since 2014



# FARM TO SCHOOL

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## Ohio Success Stories

In 2016, Ohio Farm to School is celebrating local successes in the “Three C’s” of Farm to School: Community (local foods procurement), Cafeteria (menu creation, kitchen remodeling, and chef involvement), and Classroom (school gardens and education).

We’ll be posting at least one story per month of 2016 – so check back often!



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# Columbus City Schools

## “Ohio Days: My Plate My State”

<https://youtu.be/0ZzFsV2cGw4>



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Ohio Days: My Plate My State expansion



# Sandusky City Schools

Food service director provides  
project-based learning



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**Federal Hocking School District**  
Athens County - Leader in buying local



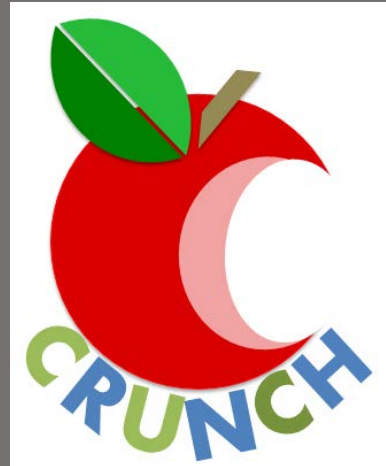
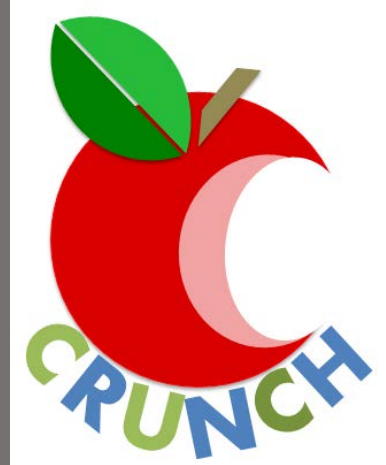
Fremont City Schools  
Local procurement lead to greater  
school meal participation.



# October 2018... Great Lakes Great Apple Crunch

- Register online to receive an official crunch guide and logo for promotion at your school
- Share your photos on Facebook and Twitter #GreatLakesGreatAppleCrunch

[www.facebook.com/  
GreatLakesGreatAppleCrunch](http://www.facebook.com/GreatLakesGreatAppleCrunch)





April 25-27  
-posters  
-sessions  
-field trips



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# Ohio Pre-Conference

Wed., April 25 at 3:30-8 pm

“Policy Development Forum”

Celebrate our State  
Dinner

\$30



# What can *you* do to promote and celebrate local?

- Great Apple Crunch
- Share your success stories
- Plan now for a F2S grant
- Build relationships



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## Contact Information

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